

**DAY:** \_\_\_\_\_

PRE-WORKOUT:

POST-WORKOUT:

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:

SNACK:

-  Greens # \_\_\_\_\_
-  Reds # \_\_\_\_\_
-  Yellows # \_\_\_\_\_
-  Purples # \_\_\_\_\_
-  Blues # \_\_\_\_\_
-  Teaspoons # \_\_\_\_\_

**DAY:** \_\_\_\_\_

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-  Greens # \_\_\_\_\_
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-  Teaspoons # \_\_\_\_\_

**DAY:** \_\_\_\_\_

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POST-WORKOUT:

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DINNER:

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-  Greens # \_\_\_\_\_
-  Reds # \_\_\_\_\_
-  Yellows # \_\_\_\_\_
-  Purples # \_\_\_\_\_
-  Blues # \_\_\_\_\_
-  Teaspoons # \_\_\_\_\_

## GREEN CONTAINER

1 CUP UNLESS NOTED OTHERWISE

Kale, cooked or raw  
Collard Greens, cooked or raw  
Spinach, cooked or raw  
Brussels sprouts, chopped or 5 medium Asparagus, 10 large spears  
Beets, 2 medium  
Tomatoes, chopped, cherry or 2 medium Squash (summer), sliced  
Winter Squash (all varieties), cubed  
string beans  
Peppers, sweet, sliced  
Carrots, sliced or 10 medium baby Cauliflower, chopped  
Artichokes, 1/2 large  
Eggplant, 1/2 medium  
Okra  
Jicama, sliced  
Snow Peas  
Cabbage, chopped  
Cucumbers  
Celery  
Lettuce (NOT iceberg)  
Mushrooms  
Radishes  
Onions(chopped)  
Sprouts

## RED CONTAINER

3/4 CUP UNLESS NOTED OTHERWISE

Sardines (fresh or canned in water) 7 medium  
Boneless, skinless chicken or turkey breast, cooked, diced  
Lean ground chicken or turkey, cooked  
Fish, freshwater (catfish, tilapia, trout), cooked, flaked  
Fish, cold water, wild caught (cod, salmon, halibut, tuna) cooked, flaked Game: buffalo (bison, ostrich, venison) cooked, diced  
Game: lean ground, cooked, diced  
Eggs, 2 large  
Greek yogurt, plain 1%  
yogurt, plain 2%  
Shellfish (shrimp, crab, lobster) cooked  
Clams, canned drained  
Red meat, extra-lean, cooked, diced  
lean ground red meat, cooked  
Shakeology, 1 scoop  
Tempeh  
Tofu, firm  
Pork Tenderloin, diced cooked  
Tuna, canned light in water, drained  
Turkey slices, low sodium, fat free, 6 slices  
Ham slices, low sodium, fat free, 6 slices  
Ricotta Cheese, light  
Cottage cheese, 2%  
Protein powder (whey, hemp, rice, pea) 1 1/2 scoops  
Veggie burger, 1 medium patty  
Turkey bacon, reduced fat, 4 slices

## BLUE CONTAINER

1/3 CUP UNLESS NOTED OTHERWISE

Avocado, mashed or 1/4 medium 12 almonds, whole, raw  
8 cashews, whole, raw  
14 peanuts, whole, raw  
20 pistachios, whole, raw 10 pecan halves, raw  
8 walnut halves, raw Hummus  
Coconut milk, canned  
Feta cheese, crumbled  
Goat cheese, crumbled  
Mozzarella (low moisture) shredded Cheddar, shredded  
Provolone, shredded Monterey Jack, shredded  
Parmesan, shredded

## YELLOW CONTAINER

1/2 CUP UNLESS NOTED OTHERWISE

Sweet Potato  
Yams  
Quinoa, cooked  
Beans, cooked drained Lentils, cooked drained Edamame, shelled Peas  
Refried Beans, nonfat  
Brown Rice, cooked  
Wild Rice, cooked  
Potato, mashed or 1/2 medium Corn on the cob, 1 ear  
Amaranth, cooked  
Millet, cooked  
Buckwheat, cooked  
Barley, cooked  
Bulgur, cooked  
Oatmeal, steelcut, cooked  
Oatmeal, rolled, cooked  
Pasta, whole-grain, cooked  
Couscous, whole wheat, cooked Crackers, whole grain, 8  
small crackers Cereal, whole-grain, low sugar  
Bread, whole grain, 1 slice  
Pita bread, whole wheat, 1 small Waffles, whole grain, 1  
waffle Pancakes, whole grain 1 small  
English Muffin, whole grain, 1/2 muffin Bagel, whole  
grain, 1/2 small  
Tortilla, whole wheat, 1 small  
Tortilla, corn, 2 small

## PURPLE CONTAINER

1 CUP UNLESS NOTED OTHERWISE

Raspberries  
Blueberries  
Blackberries  
Strawberries  
Watermelon, diced  
Cantaloupe, diced  
Orange, divided into sections, or 1 medium Tangerine,  
2 small  
Apple, sliced or 1 small  
Apricots, 4 small  
Grapefruit, divided into sections, or 1/2 large Cherries  
Grapes  
Kiwifruit, 2 medium  
Mango, sliced  
Peach, sliced or 1 large  
Nectarine, sliced or 1 large  
Pear, sliced or 1 large  
Pineapple, diced  
Banana, 1/2 large  
Papaya, diced  
Figs, 2 small  
Honeydew melon, diced

## ORANGE CONTAINER

2 TBSP. UNLESS NOTED OTHERWISE

Pumpkin Seeds, raw Sunflower seeds, raw Sesame  
seeds, raw flaxseed, ground Olives, 10 medium Peanuts  
Coconut, unsweetened, shredded 21 day Fix dressings

## TEASPOONS

Extra Virgin Olive Oil  
Extra Virgin Coconut Oil  
Flaxseed Oil  
Walnut Oil  
Pumpkin seed oil  
Nut butters (peanut, almond, cashew, etc)  
Seed butters (pumpkin, sunflower, sesame [tahini])

## GREEN CONTAINER

1 CUP UNLESS NOTED OTHERWISE

Kale, cooked or raw  
Collard Greens, cooked or raw  
Spinach, cooked or raw  
Brussels sprouts, chopped or 5 medium Asparagus, 10 large spears  
Beets, 2 medium  
Tomatoes, chopped, cherry or 2 medium Squash (summer), sliced  
Winter Squash (all varieties), cubed  
string beans  
Peppers, sweet, sliced  
Carrots, sliced or 10 medium baby Cauliflower, chopped  
Artichokes, 1/2 large  
Eggplant, 1/2 medium  
Okra  
Jicama, sliced  
Snow Peas  
Cabbage, chopped  
Cucumbers  
Celery  
Lettuce (NOT iceberg)  
Mushrooms  
Radishes  
Onions(chopped)  
Sprouts

## RED CONTAINER

3/4 CUP UNLESS NOTED OTHERWISE

Sardines (fresh or canned in water) 7 medium  
Boneless, skinless chicken or turkey breast, cooked, diced  
Lean ground chicken or turkey, cooked  
Fish, freshwater (catfish, tilapia, trout), cooked, flaked  
Fish, cold water, wild caught (cod, salmon, halibut, tuna) cooked, flaked Game: buffalo (bison, ostrich, venison) cooked, diced  
Game: lean ground, cooked, diced  
Eggs, 2 large  
Greek yogurt, plain 1%  
yogurt, plain 2%  
Shellfish (shrimp, crab, lobster) cooked  
Clams, canned drained  
Red meat, extra-lean, cooked, diced  
lean ground red meat, cooked  
Shakeology, 1 scoop  
Tempeh  
Tofu, firm  
Pork Tenderloin, diced cooked  
Tuna, canned light in water, drained  
Turkey slices, low sodium, fat free, 6 slices  
Ham slices, low sodium, fat free, 6 slices  
Ricotta Cheese, light  
Cottage cheese, 2%  
Protein powder (whey, hemp, rice, pea) 1 1/2 scoops  
Veggie burger, 1 medium patty  
Turkey bacon, reduced fat, 4 slices

## BLUE CONTAINER

1/3 CUP UNLESS NOTED OTHERWISE

Avocado, mashed or 1/4 medium 12 almonds, whole, raw  
8 cashews, whole, raw  
14 peanuts, whole, raw  
20 pistachios, whole, raw 10 pecan halves, raw  
8 walnut halves, raw Hummus  
Coconut milk, canned  
Feta cheese, crumbled  
Goat cheese, crumbled  
Mozzarella (low moisture) shredded Cheddar, shredded  
Provolone, shredded Monterey Jack, shredded  
Parmesan, shredded

## YELLOW CONTAINER

1/2 CUP UNLESS NOTED OTHERWISE

Sweet Potato  
Yams  
Quinoa, cooked  
Beans, cooked drained Lentils, cooked drained Edamame, shelled Peas  
Refried Beans, nonfat  
Brown Rice, cooked  
Wild Rice, cooked  
Potato, mashed or 1/2 medium Corn on the cob, 1 ear  
Amaranth, cooked  
Millet, cooked  
Buckwheat, cooked  
Barley, cooked  
Bulgur, cooked  
Oatmeal, steelcut, cooked  
Oatmeal, rolled, cooked  
Pasta, whole-grain, cooked  
Couscous, whole wheat, cooked Crackers, whole grain, 8  
small crackers Cereal, whole-grain, low sugar  
Bread, whole grain, 1 slice  
Pita bread, whole wheat, 1 small Waffles, whole grain, 1  
waffle Pancakes, whole grain 1 small  
English Muffin, whole grain, 1/2 muffin Bagel, whole  
grain, 1/2 small  
Tortilla, whole wheat, 1 small  
Tortilla, corn, 2 small

## PURPLE CONTAINER

1 CUP UNLESS NOTED OTHERWISE

Raspberries  
Blueberries  
Blackberries  
Strawberries  
Watermelon, diced  
Cantaloupe, diced  
Orange, divided into sections, or 1 medium Tangerine,  
2 small  
Apple, sliced or 1 small  
Apricots, 4 small  
Grapefruit, divided into sections, or 1/2 large Cherries  
Grapes  
Kiwifruit, 2 medium  
Mango, sliced  
Peach, sliced or 1 large  
Nectarine, sliced or 1 large  
Pear, sliced or 1 large  
Pineapple, diced  
Banana, 1/2 large  
Papaya, diced  
Figs, 2 small  
Honeydew melon, diced

## ORANGE CONTAINER

2 TBSP. UNLESS NOTED OTHERWISE

Pumpkin Seeds, raw Sunflower seeds, raw Sesame  
seeds, raw flaxseed, ground Olives, 10 medium Peanuts  
Coconut, unsweetened, shredded 21 day Fix dressings

## TEASPOONS

Extra Virgin Olive Oil  
Extra Virgin Coconut Oil  
Flaxseed Oil  
Walnut Oil  
Pumpkin seed oil  
Nut butters (peanut, almond, cashew, etc)  
Seed butters (pumpkin, sunflower, sesame [tahini])

## GREEN CONTAINER

1 CUP UNLESS NOTED OTHERWISE

Kale, cooked or raw  
Collard Greens, cooked or raw  
Spinach, cooked or raw  
Brussels sprouts, chopped or 5 medium Asparagus, 10 large spears  
Beets, 2 medium  
Tomatoes, chopped, cherry or 2 medium Squash (summer), sliced  
Winter Squash (all varieties), cubed  
string beans  
Peppers, sweet, sliced  
Carrots, sliced or 10 medium baby Cauliflower, chopped  
Artichokes, 1/2 large  
Eggplant, 1/2 medium  
Okra  
Jicama, sliced  
Snow Peas  
Cabbage, chopped  
Cucumbers  
Celery  
Lettuce (NOT iceberg)  
Mushrooms  
Radishes  
Onions(chopped)  
Sprouts

## RED CONTAINER

3/4 CUP UNLESS NOTED OTHERWISE

Sardines (fresh or canned in water) 7 medium  
Boneless, skinless chicken or turkey breast, cooked, diced  
Lean ground chicken or turkey, cooked  
Fish, freshwater (catfish, tilapia, trout), cooked, flaked  
Fish, cold water, wild caught (cod, salmon, halibut, tuna) cooked, flaked Game: buffalo (bison, ostrich, venison) cooked, diced  
Game: lean ground, cooked, diced  
Eggs, 2 large  
Greek yogurt, plain 1%  
yogurt, plain 2%  
Shellfish (shrimp, crab, lobster) cooked  
Clams, canned drained  
Red meat, extra-lean, cooked, diced  
lean ground red meat, cooked  
Shakeology, 1 scoop  
Tempeh  
Tofu, firm  
Pork Tenderloin, diced cooked  
Tuna, canned light in water, drained  
Turkey slices, low sodium, fat free, 6 slices  
Ham slices, low sodium, fat free, 6 slices  
Ricotta Cheese, light  
Cottage cheese, 2%  
Protein powder (whey, hemp, rice, pea) 1 1/2 scoops  
Veggie burger, 1 medium patty  
Turkey bacon, reduced fat, 4 slices

## BLUE CONTAINER

1/3 CUP UNLESS NOTED OTHERWISE

Avocado, mashed or 1/4 medium 12 almonds, whole, raw  
8 cashews, whole, raw  
14 peanuts, whole, raw  
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Coconut milk, canned  
Feta cheese, crumbled  
Goat cheese, crumbled  
Mozzarella (low moisture) shredded Cheddar, shredded  
Provolone, shredded Monterey Jack, shredded  
Parmesan, shredded

## YELLOW CONTAINER

1/2 CUP UNLESS NOTED OTHERWISE

Sweet Potato  
Yams  
Quinoa, cooked  
Beans, cooked drained Lentils, cooked drained Edamame, shelled Peas  
Refried Beans, nonfat  
Brown Rice, cooked  
Wild Rice, cooked  
Potato, mashed or 1/2 medium Corn on the cob, 1 ear  
Amaranth, cooked  
Millet, cooked  
Buckwheat, cooked  
Barley, cooked  
Bulgur, cooked  
Oatmeal, steelcut, cooked  
Oatmeal, rolled, cooked  
Pasta, whole-grain, cooked  
Couscous, whole wheat, cooked Crackers, whole grain, 8  
small crackers Cereal, whole-grain, low sugar  
Bread, whole grain, 1 slice  
Pita bread, whole wheat, 1 small Waffles, whole grain, 1  
waffle Pancakes, whole grain 1 small  
English Muffin, whole grain, 1/2 muffin Bagel, whole  
grain, 1/2 small  
Tortilla, whole wheat, 1 small  
Tortilla, corn, 2 small

## PURPLE CONTAINER

1 CUP UNLESS NOTED OTHERWISE

Raspberries  
Blueberries  
Blackberries  
Strawberries  
Watermelon, diced  
Cantaloupe, diced  
Orange, divided into sections, or 1 medium Tangerine,  
2 small  
Apple, sliced or 1 small  
Apricots, 4 small  
Grapefruit, divided into sections, or 1/2 large Cherries  
Grapes  
Kiwifruit, 2 medium  
Mango, sliced  
Peach, sliced or 1 large  
Nectarine, sliced or 1 large  
Pear, sliced or 1 large  
Pineapple, diced  
Banana, 1/2 large  
Papaya, diced  
Figs, 2 small  
Honeydew melon, diced

## ORANGE CONTAINER

2 TBSP. UNLESS NOTED OTHERWISE

Pumpkin Seeds, raw Sunflower seeds, raw Sesame  
seeds, raw flaxseed, ground Olives, 10 medium Peanuts  
Coconut, unsweetened, shredded 21 day Fix dressings

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Extra Virgin Olive Oil  
Extra Virgin Coconut Oil  
Flaxseed Oil  
Walnut Oil  
Pumpkin seed oil  
Nut butters (peanut, almond, cashew, etc)  
Seed butters (pumpkin, sunflower, sesame [tahini])